

# **CONTROLLING HIGH BLOOD PRESSURE:**



## **A GUIDE FOR OLDER WOMEN**



**YOU HAVE WHAT IT TAKES**

**ALLIANCE FOR AGING  
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**NATIONAL HEART, LUNG, AND  
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## What is high blood pressure?

High blood pressure is a condition where the pressure in the blood vessels stays high over a period of time. Hypertension is the medical term for high blood pressure.

High blood pressure can harm your heart, your kidneys, and your eyes. And it can cause stroke, heart attack, kidney failure, and even death.

Many older women have high blood pressure. But many do not know they have it because people with high blood pressure often do not feel sick.

As people get older, they are more likely to have high blood pressure. It is very important that you know about high blood pressure and take care of it.



*"I want to stay healthy so I can spend time enjoying my family, especially my grandchildren. So I get my blood pressure checked regularly, try to eat healthfully, and stay active."*

*- Miranda Navarro*



# How can I find out if I have high blood pressure?

**Have your blood pressure measured once a year by a health professional.**

Blood pressure is expressed as two numbers. Ideal blood pressure for all adults is **120/80**.

If your blood pressure is more than 140/90, it can harm your health. Talk to your doctor or nurse and take steps to lower your blood pressure. Have your blood pressure checked more often if you have high blood pressure.



*"I try to eat right and watch the sodium in the food I eat. We always have lots of fruits and vegetables in our meals, such as tomatoes and cabbage, and fruits for dessert."*

*- Monica Carrera*

# What can I do to control high blood pressure?

Adopting healthy living habits can help lower high blood pressure.

If you **do not** have high blood pressure now, you can help prevent it later by forming healthy living habits.

If you **do** have high blood pressure, you and your doctor can control it with healthy living habits and medications.



*"I know that getting my blood pressure checked regularly is important - even though I feel healthy. I need to take care of myself so I can take care of my family."*

*- Maria Rodriguez*



# Six things you can do to fight high blood pressure

## ♥ EAT HEALTHY FOODS

Eat more fruits, vegetables, and grains like beans, rice, corn tortillas, and pasta.



## ♥ EAT LESS SALT AND SODIUM

Most sodium is found in packaged foods. Read food labels to check the amount of sodium in the food you eat. Use other seasonings in the food you cook at home.



## ♥ DON'T SMOKE

Don't smoke to protect your and your family's heart health.



## ♥ BE ACTIVE

Do things that make you move every day like climbing stairs, walking, dancing, etc. Enjoy these activities with family and friends.



## ♥ LOSE WEIGHT IF YOU ARE OVERWEIGHT

Women often gain weight as they get older. It is important not to let this happen.

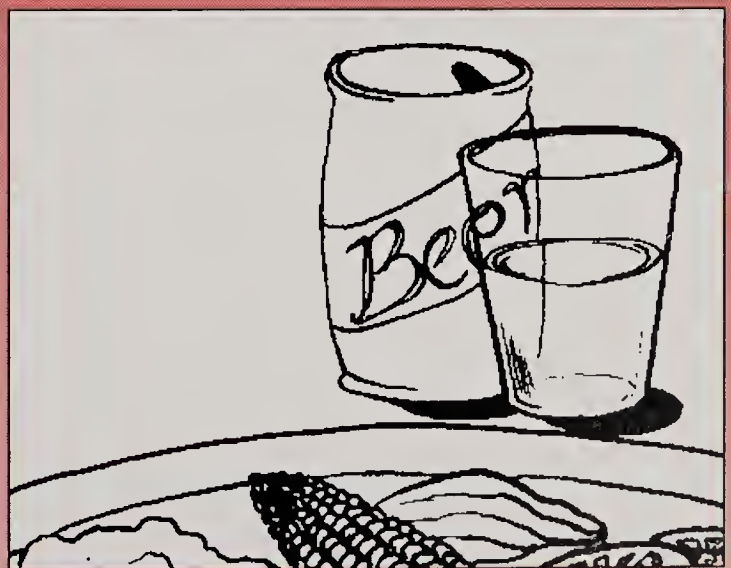


## ♥ LIMIT ALCOHOL

Do not have more than one drink a day.

One drink is:

- 12 ounces (oz) of beer
- 5 ounces (oz) of wine
- 1½ ounces (oz) of hard liquor





## WHAT ABOUT MEDICATION?

### **Take your medication properly**

If you have high blood pressure, your doctor may prescribe medicine to lower your blood pressure. Take the medicine prescribed for you, and follow your doctor's instructions.

### **Only take medication prescribed for you**

There are many kinds of high blood pressure medicine. Yours is prescribed for you. It is not safe to share it with your friends because they may respond to it differently.

### **Get all the information you need**

You need to understand how to take your high blood pressure medicine. Take this pamphlet with you to your clinic.

Ask your doctor to write the information you need to know on the form in this pamphlet. Be sure you understand why and how to take your medicine before you leave the clinic.

### **Pay attention to how you feel**

Let your doctor know immediately if your medicine makes you feel dizzy, tired, or nauseous; or if you develop a rash or have other symptoms. Do not stop taking your medicine unless you are told to do so by your doctor.





*"It is important for me to stay healthy. I make sure I know when and how to take my medicine. If I don't feel well I call my doctor right away."*

*- Monica Carrera*

On the next two pages is a bilingual form. Take it to your doctor to fill out on your next visit. ➤

Lleve consigo este folleto a la clínica y pida al médico o la enfermera que escriba la información sobre su medicamento (le damos la información sobre las preguntas en español para que usted la pueda leer.)



## Your high blood pressure medicine Su medicamento de la presión arterial alta

Name of your medicine:  
Nombre del medicamento: \_\_\_\_\_

How much to take?  
Cuánto debe tomar (dosis): \_\_\_\_\_

How often?  
Horario (dosis): \_\_\_\_\_

How to take it / Cómo tomarlo:

With food? Yes ☐ No ☐

¿Con comida? Sí ☐ No ☐

Before a meal? Yes ☐ No ☐ How long before? \_\_\_\_\_ hours  
¿Antes de comer? Sí ☐ No ☐ ¿Cuánto tiempo antes? \_\_\_\_\_ horas

After a meal? Yes ☐ No ☐ How long after \_\_\_\_\_ hours  
¿Después de comer? Sí ☐ No ☐ ¿Cuánto tiempo después? \_\_\_\_\_ horas

**YOU MAY** take these other medications with your high blood pressure medicine:

**PUEDE TOMAR** los siguientes medicamentos a la misma vez que tome el medicamento de la presión arterial alta:

YES / SI \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

continued / continúa...

**DO NOT** take these other medications with your high blood pressure medicine:

**NO TOME** los siguientes medicamentos con el medicamento de la presión arterial alta:

NO \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you run out of medicine, do this:  
*Si se le acaba el medicamento, haga lo siguiente:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you forget to take a dose, do this:  
*Si se le olvida tomar una dosis del medicamento, haga lo siguiente:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other special instructions:  
*Otras instrucciones especiales:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Watch out for these possible side effects of your medication:  
*Vigile y hable con el médico si tiene los siguientes efectos secundarios (molestias):* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If they occur, call this number immediately:  
*Si suceden, llame a este número de teléfono de inmediato:* \_\_\_\_\_  
\_\_\_\_\_



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